

LAND

CLASSES



Please wear fitness-style apparel and tennis shoes.



Chair Volleyball

VWAC

A resident-sponsored game of teams volleying a beach ball over a net.

Chair Yoga

Monday BVN CR | Tuesday Morning WR | Tuesday Afternoon VWAC | Wednesday BVN CR | Thursday VWAC

This class welcomes all physical levels in a safe, calm and positive environment. This class utilizes a chair for the seated poses and adds support for the optional standing poses. It includes breathing techniques, gentle stretching and relaxation. It will help improve flexibility, strength, balance and overall improved physical and mental health.

Mindful Living

Thursday 9:30 a.m. WR | Thursday 10:30 a.m. BVN PD | Thursdays 11:30 a.m. OCP MR

Mindfulness is the practice of learning to pay attention in the moment you are in. Mindful practices exercise the brain and help to create new pathways for learning. Classes are structured with guided breathing for relaxation, a short mindful topic, and a guided meditation or reading.

Movement to Music

VWAC

Easy to do movement patterns to music. Each piece of music contains repeated sequences intended to increase overall fitness, agility, aerobic capacity and fun. Individuals must be able to ambulate independently for 35 minutes.

Senior Pilates Floor Class

VWAC

This floor class trains deep supporting muscles (core stability) to improve posture, coordination, and flexibility. Mat provided.

Standing Balance

VWAC

This class works on foot articulation, ankle strength, alignment and weight shift for increased strength of gait. This class requires time standing.

Strengthening

VWAC

This 35-minute class is appropriate for all ability levels and utilizes weights, balls, and fitness bands to gain upper and lower body strength. Fitness bands are not provided and can be purchased for \$2 at the VWAC front desk.

LOCATION KEY

BVN: Breckenridge Village North

CR: Community Room

MR: Music Room

OCP: Osborne Community Plaza

PD: Private Dining Room

VWAC: Veale Wellness & Aquatic Center

WR: Woodland Ridge

WATER CLASSES



Water Aerobics

A variety of quick-moving exercises in sequence designed to increase strength, cardiovascular health, and joint mobility. This is a moderate to high level of activity.

Water Arthritis

Gain increased joint mobility, strength and posture through walking and standing exercises. No resistance devices used.

Water Balance

Walking exercises designed to increase arch, ankle, hip, and core posture strength to improve weight shift, alignment and gait.

Water Fitness

A class consisting of walking for joint mobility, water weight work for upper body strength, aerobics for leg and cardiovascular strength, and stretching for flexibility. Resistance devices are used. This class is a high level of activity.



DETAILS

- All classes are held at the VWAC pool.
- Bathing suits or T-shirt and shorts are appropriate wear for the pool.
- Water shoes are suggested for the locker room and are optional in the pool.

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